

World T'ai Chi & Qigong Day
WATER Center
April 25, 2009
9 AM - Noon

World T'ai Chi and Qigong (a.k.a. Ch'i-gong or Ch'i Kung) Day is truly an international celebration of these healthy exercise forms. This year, the day begins on April 25th at 10 a.m. in New Zealand and then travels around the globe. At 10 a.m. in each of the time zones T'ai Chi and Qigong enthusiasts gather and practice their various forms of the two exercises together. Members of the public are encouraged to join this celebration and learn how the practice of T'ai Chi or Qigong can benefit them.

The Wichita T'ai Chi and Qigong teachers have been celebrating this day now for 6 years, the last two (2007 & 2008) of which have been at the WATER Center. This event has been in the planning now for the entire year and advertisement for it has been disseminated throughout south central Kansas since January via e-mail, blogging, Twitter, each teacher's classes and community events calendars. **This is an open event that any interested person can attend.**

People will begin gathering at the WATER Center on April 25th around 9 a.m. This is a time for refreshments and conversation. It is also a time to share the history and health benefits of the forms with people unfamiliar with T'ai Chi or Qigong. At 10:00 a.m. everyone gathers in the plaza outside and commences to practice their particular form. It is graceful, beautiful and since some of the people are in traditional T'ai Chi (Chinese) garb, it is colorful. The number of people attending has steadily grown over the past couple of years because the event has been more organized and publicized. Last year there were nearly fifty people from Sedgwick and two surrounding counties in attendance. After the practice ends, people again mingle for fun and camaraderie. The event officially ends at noon, after which there is cleanup.

For more information, visit www.worldtaichiday.org